

کارایی مداخله آموزشی مبتنی بر تئوری مراحل تغییر به منظور ترک سیگار در بیماران مراجعه کننده به کلینیک‌های دندانپزشکی

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Effectiveness of an educational intervention based on the trans theoretical model in order to smoking cessation in patients referred to dental clinics

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Background and Aims: Constant contact with dentists, the ability to diagnose early effects of tobacco use on oral health and general health has made the dental clinics to the appropriate place to provide smoking cessation counseling. The aim of this study was to determine the effectiveness of an educational intervention using Trans Theoretical Model (TTM) on the smoking cessation in patients attending dental clinics.

Materials and Methods: This study was a quasi-experimental study conducted in 2013. 40 patients in the experimental and control groups were completed self-administered questionnaire including general and demographic questions, change questionnaire stages, change scale processes, smoking cessation self-efficacy scale, decisional balance scale before and 6 after months educational program. The experimental group received two training sessions through group discussion for 60 minutes. Data were analyzed using Chi-square tests, independent T-test, Mann-Whitney and Wilcoxon tests.

Results: In terms of the patients distribution in the change stages (pre-contemplation, contemplation and preparation), there was no significant difference between the experimental (22.5, 35, 42.5%) and control groups (27.5, 35, 37.5%) before intervention ($P=0.55$). However, 10 and 20 percent of patients in the experimental group was reported action and maintenance stage regarding smoking cessation after intervention ($P<0.001$). Results showed a significant increase in the mean score of experimental process of change, behavioral process of change, proc and self efficacy ($P<0.001$). Also, the mean score of cons constructs decreased significantly after education in the experimental group ($P<0.001$).

Conclusion: Results indicated that the educational intervention using the TTM to increase the patients' smoking cessation rate was effective. Therefore, it is recommended that dentists have to become more familiar with TTM frameworks for smoking cessation.

Key Words: Smoking cessation, Oral health, Dentist, Education

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